

6 CE Credits Offered
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An Introduction to Holistic Health

Presented by Paula Derry, Ph.D.



Friday, April 20, 2012
9:00 am to 4:00 pm
Loyola Graduate Center
8890 McGaw Road
Columbia, MD 21045

Holistic and complementary/alternative (CAM) approaches to health offer the possibility of integrating mind, body, the physical and social environment, and spiritual experience. I present an overview of holistic and CAM practices and what they are used for; and premises of practices, especially holism, the nature of healing, and the relationship between physical and psychological experience. While conventional and CAM practices are often portrayed as opposites, I also examine ways that they overlap. The workshop will combine lecture with experiential exercises. Two practical techniques that can be used by psychotherapists will be taught.

At the end of this workshop, participants will:

- 1) Have an overview of holistic and CAM practices that might interest clients;
- 2) Have an overview of practices that psychotherapists can use;
- 3) Understand premises that differ from traditional psychotherapy practice, such as “energy” concepts;
- 4) Understand premises that overlap with traditional psychotherapy practice, such as the healing power of relationships;
- 5) Have learned two body-oriented techniques.

Paula S. Derry, Ph.D., is a health psychologist who works independently. She has a doctorate in clinical psychology from Yale University and postdoctoral training in health psychology from Uniformed Services University of the Health Sciences. As a researcher and theorist, much of her work has involved looking at how professionals and their clients think about health issues, with an aim of creating positive, holistic, or transdisciplinary ways of thinking. She also works independently as a practitioner of integrative bodywork, centered in the Asian practice Ohashiatsu. She is a licensed massage therapist, and has had at least some exposure to a variety of body-oriented practices.